

January 2019 Sandpoint Area Seniors, Inc. *Menu*

820 Main Street, Sandpoint, Idaho 83864 208.263.6860

Lunch is at 11:30am, Monday-Thurs.

Breakfast is at 8:30am, Fridays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals provided by Sandpoint Area Seniors, Inc. meet one-third of the Recommended Daily Allowance, as defined by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences.	1. HAPPY NEW YEAR! SASI CLOSED!	2. Baked Fish Potatoes au Gratin Peas Salad Bar Dessert	3. Meat Loaf Mash/Gravy Normandy Blend Veg. Salad Dessert	4. Bacon & Eggs Hash Browns Toast Fruit & Juice
7. Honey Mustard Chicken Rice Pilaf Winter Blend Veg. Salad Bar Dessert	8. Fish Sticks French Fries Green Beans Salad Bar Dessert	9. Swiss Steak Mash/Gravy Broccoli Salad Bar Dessert	10. Tempura Pork Steamed Rice Oriental Veg. Salad Dessert	11. Pancakes Bacon & Egg Fruit & Juice
14. Stuffed Pepper New Potatoes Peas & Carrots Salad Bar Dessert	15. Roast Pork Mash/Gravy Broccoli Salad Bar Dessert	16. Beef Stroganoff Parsley Noodles Carrots Salad Bar Dessert	17. Baked Salmon Rice Pilaf Mixed Veg. Salad Dessert	18. Ham & Cheese Quiche Hash Browns/Toast Fruit & Juice
21. Beef Patty/Onions Mash/Gravy Green Beans Salad Bar Dessert	22. Roast Turkey Dressing/Gravy Steamed Peas Salad Bar Dessert	23. Cabbage Rolls Rice Pilaf Normandy Blend Veg. Salad Bar Dessert	24. Spaghetti/Meat sauce Garlic Bread Spinach Salad Dessert	25. Biscuits & Gravy Hash Browns Sausage Links Fruit & Juice
28. Baked Cod New Potatoes Asparagus Salad Bar Dessert	29. BBQ Chicken French Fries Green Beans Salad Bar Dessert	30. Beef Stew Biscuit Salad Bar Dessert	31. Pineapple Baked Ham Potatoes au Gratin Brussel Sprouts Salad Dessert	Menu subject to change.

Thank You for joining our Meal Program! Our suggested donation for persons 60 and over is \$4.00 (or whatever you can afford). Guests under 60 are \$8.00. Please call 208-263-6860 to make a reservation. Milk, Coffee, Tea, are available. Salad Bar on Mon. - Wed. Crackers and bread served as well. Please make your reservation at least one-day in advance.